

THE GARDEN MMA CLASS SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00-07:00	NOGI JIU-JITSU	STRENGTH & CONDITIONING	NOGI JIU-JITSU	STRENGTH & CONDITIONING	NOGI JIU-JITSU	
06:30-07:15	OPEN WORKOUT	YOGA/MOBILITY	OPEN WORKOUT	YOGA/MOBILITY	OPEN WORKOUT	
07:00-08:00	MUAY THAI	PRIVATES 8-10AM	MUAY THAI	PRIVATES 8-10AM	MUAY THAI	
11:00-12:00		OPEN WORKOUT		OPEN WORKOUT		
12:00-13:00		DRILLS & ROLLS		NOGI JIU-JITSU		GI BJJ
16:30-17:00	SEEDS (465Y) JIU-JITSU	PRIVATES 1-3PM	SEEDS (465Y) JIU-JITSU	PRIVATES 1-3PM	SEEDS (465Y) JIU-JITSU	PRIVATES 1-3PM
16:30-17:15	SPROUTS (6-9Y) JIU-JITSU		SPROUTS (6-9Y) JIU-JITSU		SPROUTS (6-9Y) JIU-JITSU	
17:15-18:00	YOUTHS (10-12Y) JIU-JITSU & MMA		YOUTHS (10-12Y) JIU-JITSU & MMA		YOUTHS (10-12Y) JIU-JITSU & MMA	
18:00-18:30	OPEN WORKOUT	STRENGTH & CONDITIONING	OPEN WORKOUT	STRENGTH & CONDITIONING	OPEN WORKOUT	
18:30-19:15	NOGI JIU-JITSU	INTRO TO BJJ	NOGI JIU-JITSU	INTRO TO BJJ	NOGI JIU-JITSU	
19:15-20:00	MUAY THAI	GI BJJ	MUAY THAI	GI BJJ	MUAY THAI	

SUNDAY NOON FREE OPEN MAT FOR MEMBERS AND NON-MEMBERS (ADULTS)